

September 2010

THE FRUIT AND VEGGIE BUZZ

The Indiana newsletter for the Fresh Fruit and Vegetable Program in Indiana

Volume 5, Issue 4



Spaghetti
Squash

Harvest of the Month

Need help knowing what time of the year to buy and serve certain fruits and vegetables? Check out the Harvest of the Month website.

Inside this issue:

Harvest of the Month	1
School City of Hammond	1
More Matters	2
Free Printable Handouts	2
Fuel Up to Play 60	2
Let's Move Grant	2
Food Buying Guide	2
Lesson Plans	3&4

It provides a list of produce to feature based on the season. A list of items can be found under the link *Produce List and Criteria*.

Harvest of the month is a helpful resource intended to be used in areas where nutrition education can make the biggest impact-classroom, cafeteria, home, and community.

The website also features Monthly Elements which contain items such as Educator Newsletters, Family Newsletters, Menu Slicks and Press Release Templates. All of these resources are free, and many are written in English and Spanish. To learn how to use these elements you can find instructions under the link *Training Corner*.



<http://www.harvestofthemonth.com/download.asp>

School City of Hammond

School City of Hammond works with a web service provider to help give their website a great look. Recently added to their food service website is information about the Fresh Fruit and Vegetable Program. Teachers, staff, students, and parents can come to this website to find resources on the fruit or vegetable of the week. Not only does this website offer a great way to communicate information about the FFVP, but it also allows the school to communicate information about their School Nutrition Programs. Through their website, there are a

variety of tools that can be used from downloading the meal application, viewing the school meal menus, viewing the school's wellness policy, and paying for the children's meals online. Check it out for yourself.



<http://www.schoolnutritionandfitness.com/index.php?>

Contact Sarah Kenworthy at skenworthy@doe.in.gov to be featured in the next FFVP Buzz.

More Matters



Studies have shown that a nutritious lunch helps kids perform better in school. This website offers some ideas for packing a children's school lunch that is balanced and easy to prepare. Here are just a few of the ideas used to encourage kids to eat their bag lunch:

Cookie Cutters-not for cookies, but sandwiches. Change the shapes often to keep them interested.

Add toothpicks for fun- make mini sandwiches and place a toothpick in it.

Not just bread- you can substitute bagels, tortillas, or plain couscous or rice to keep it interesting.

http://www.nourishinteractive.com/hco/free_printables/healthy-nutrition-teacher-handouts

Free Printable Handouts

Nourish Interactive is a website that provides free printable handouts for children to take home. The nutrition oriented handouts focus on particular actions families can take to live a healthier lifestyle. They are a great resource that have been written by staff dietitians and nurses. The colorful printables are fun with easy tips that can be reviewed in class or taken home by students to share with their parents. All the information is based on the USDA guidelines for healthy eating and daily exercise. Additional resources like lesson plans, nutrition tools, and clinical studies can be found on the website. Check it out!

http://www.nourishinteractive.com/hco/free_printables/healthy-nutrition-teacher-handouts

Fuel Up to Play 60

Fuel Up to Play 60 is an in-school program that encourages the availability and consumption of nutrient-rich foods, along with 60 minutes of daily physical activity. The program was founded by National Dairy Council® (NDC) and the NFL and is based on a mutual commitment to the health of the next generation. The program offers bold leadership for child health and wellness through the support of many businesses and industry leaders. This outstanding initial support is expected to grow as government, business, communities and families join the effort. Check out this website to join the movement in the State of Indiana.

<http://community.fueluptoplay60.com/home.html>



Let's Move Grant

The article entitled, "\$12,000 in prizes to create nutritious school lunch recipes that kids love to eat!" provides a detailed description of a challenge presented by *Let's Move*. School professionals, chefs, students, parents, and interested community members are welcome to participate. They must form teams, develop, document, and prepare at least one healthy recipe in one of three categories. Winners can receive up to \$3,000. To find out how to enter, deadlines, judging criteria, and prizes visit the website.

<http://www.recipesforkidschallenge.com/>

Food Buying Guide

Below is the website link of the updated *Food Buying Guide for Child Nutrition Programs* manual. The entire manual, specific pages, or individual sections can be easily downloaded and printed off. There is information on a variety of food items including a section on vegetables and fruits. The *Food Buying Guide for Child Nutrition Programs* is available in CD format packaged together in a dual mailer which can be ordered from Team Nutrition. The Food Buying Guide can be beneficial when buying new or different fresh fruits and vegetables. It provides guidance on how much to purchase for your FFVP. Order or print off this manual at <http://www.fns.usda.gov/tn/Resources/foodbuyingguide.html>

Introduction to Fruits and Vegetables Lesson

Activity Supplies:

- 1) Pieces of color paper (~ 3 x 5; red, green, yellow, orange, blue, purple, and white) and a basket or box in which to put the paper.
- 2) Flip chart with color markers (black, blue or purple, green, yellow-orange, red).

Objective:

- 1) The class will be able to identify groups of fruits and vegetables based on color.
- 2) Will learn the importance of selecting fruits and vegetable from a variety of colors to stay healthy and fit.

Pass the basket around the room and let 5 volunteer participants select a color and name a fruit or vegetable in this color group Write down the named fruits and vegetables on a blank flip chart page (can use separate pages for each color). You may also encourage each volunteer to tell everyone the last time he or she ate this fruit or vegetable. You will name other fruits and vegetables in this color category and describe the benefits of this color category (see below) while writing the names on the flip chart pages.

blue-purple: blackberries, blueberries, dried plums (*or prunes*), purple/black grapes, grapes, plums, raisins, eggplant, peppers, and blue potatoes.

Your blues may help reduce your risk of some cancers, keep your urinary tract healthy, help with memory, and help with healthy aging.

Green: avocados, green-skin apples, green grapes, honeydew melon, kiwi, green-skin pears, limes, scuppernong grapes, artichokes, asparagus, broccoli, Brussels sprouts, cabbage, green beans, celery, cucumbers, leafy greens, Romaine lettuce, okra, peas, peppers, spinach, and zucchini.

Eat your greens to reduce your risk of cancer, to protect your eyes from cataracts and macular degeneration, and to help keep bones and teeth strong.

White: bananas, white nectarines or peaches, cauliflower, garlic, ginger, jicama, mushrooms, onions, potatoes, and turnips.

Even white has “phyte” and can help you have a healthy heart and reduce risk of some cancers.

Yellow-orange: Yellow-skin apples, apricots, cantaloupe, grapefruit, lemons, mangos, nectarines, oranges, papayas, peaches, yellow pears, pineapples, tangerines, butternut squash, pumpkin, peppers, carrots, rutabagas, summer squash, corn, and sweet potatoes.

Include fruits and vegetables like these for a healthy heart and immune system, to protect your eyes from cataracts and macular degeneration, and to reduce your risk of some cancers.

Red: Red-skin apples, cherries, cranberries, red grapes, pink grapefruit, red-skin pears, raspberries, strawberries, watermelon, beets, red cabbage, peppers, radishes, radicchio, rhubarb, and tomatoes.

Think red-hot and healthy with these bright foods because they may help with memory, your urinary tract healthy, protect your heart, and reduce risk of some cancers.

